




The Architecture of Selfhood

- Facilitated by Rev. Cynthia Vermillion-Foster
- Unity Canada's Regional Consultant
- Based on the work of Betty Pries in her book *The Space Between Us*





A glowing lightbulb is shown from a low angle, resting on a dark, reflective surface. The bulb is illuminated from within, casting a warm, golden glow. The reflection of the bulb is clearly visible on the surface below it. The background is a soft, out-of-focus light blue and white.

What do you hope to
discover during our
time together?

Mutual Agreements

We honor the importance of prayer & use it in our work together.

We are willing to assume positive intentions.

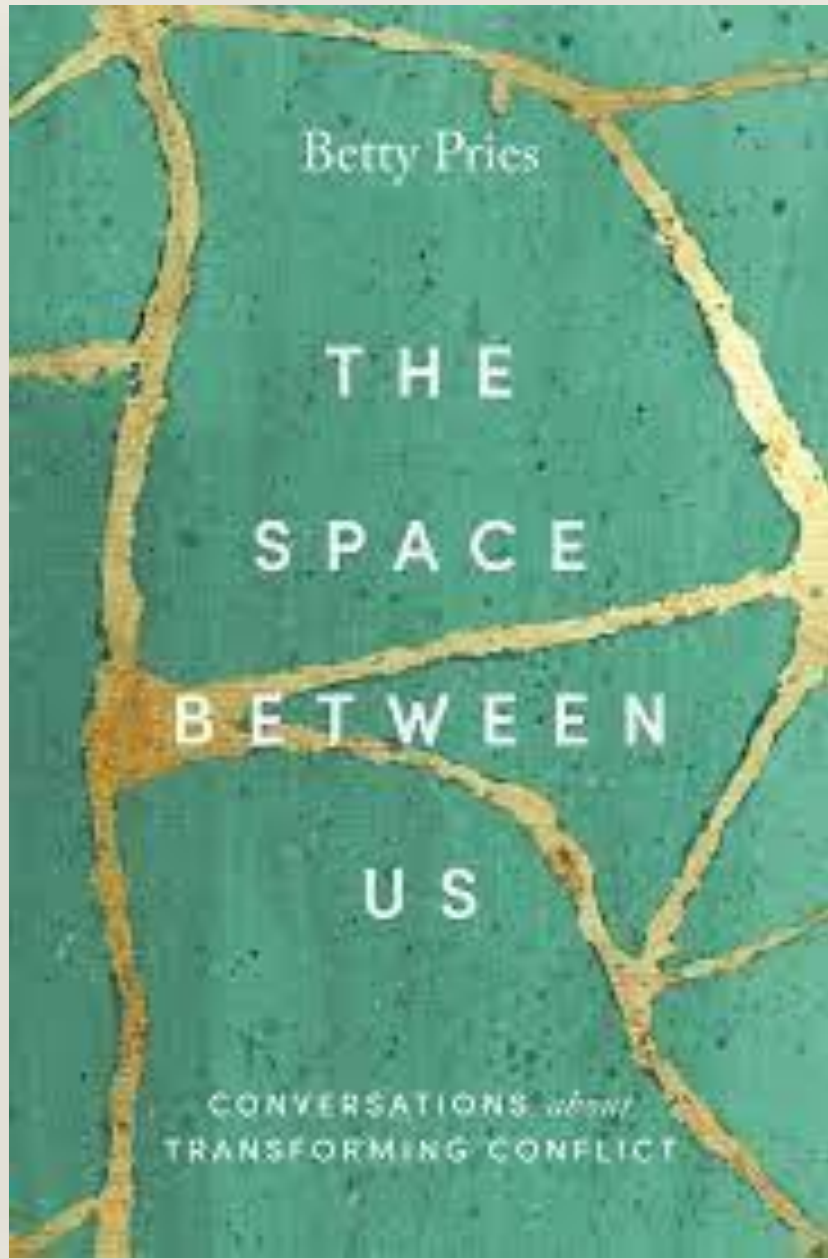
We embrace a constant willingness to learn about & from our reactions.

We commit to be grounded in our Principles

We are willing to own our projections.

We hold all confidences sacred.







What does it mean to be a self?



The Descriptive Self

Unity's Second Principle

- Container you have been given
- Exists in the World of Form
- Personal Characteristics: preferences, skills/talents, limitations...
- History/Experiences
- Foundational Human Needs: survival, belonging, acknowledgment, meaning, self-determination
- Wonderfully Neutral



The Defended Self

False Self

- Misplaced Center of Identity
- Attachments/Aversions/Addictions
- Crystallized Thought Formations
- Pain Body – Collection of Wounds
- Emotional Armor
- Place of Low-Self-Regard & Sense of Superiority



The Deeper Self

Unity's First Principle

- Formless
- Pre-existing Oneness (Ground of Being)
- Breath
- Heart Center
- Face of God
- Place of Goodness, Generosity, Grace

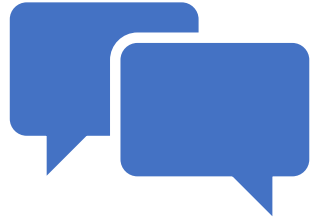
A person is walking away from the viewer down a long, straight asphalt road that stretches towards a range of jagged, snow-capped mountains. The sky is filled with soft, orange and pink clouds, suggesting a sunset or sunrise. The foreground is a flat, open landscape with sparse, dry vegetation. The overall mood is contemplative and serene.

Journey to the Deeper
Self is through the
Defended Self

Architecture of Selfhood is Individual & Collective

We do not exist outside of relationship

Dialogue (Martin Buber)



- Technical Dialogue
- Genuine Dialogue
- Monologue
Disguised as
Dialogue



Connection

What is alive for you today?



Foundational Human Needs

- Survival
- Acknowledgment/Appreciation
- Belonging
- Meaning/Purpose
- Self-Determination

If you told your story
outside of needing to
prove to anyone that you
are right, what would
you say? (Lois Gold)





Call Me By My True Names

Each of us is innocent.

Each of us is guilty.

Removing the layers of the Defended Self

- Wrestling with our demons
- Accept the demons and their stories without judgment
- Release attachment
- Rest in self-compassion



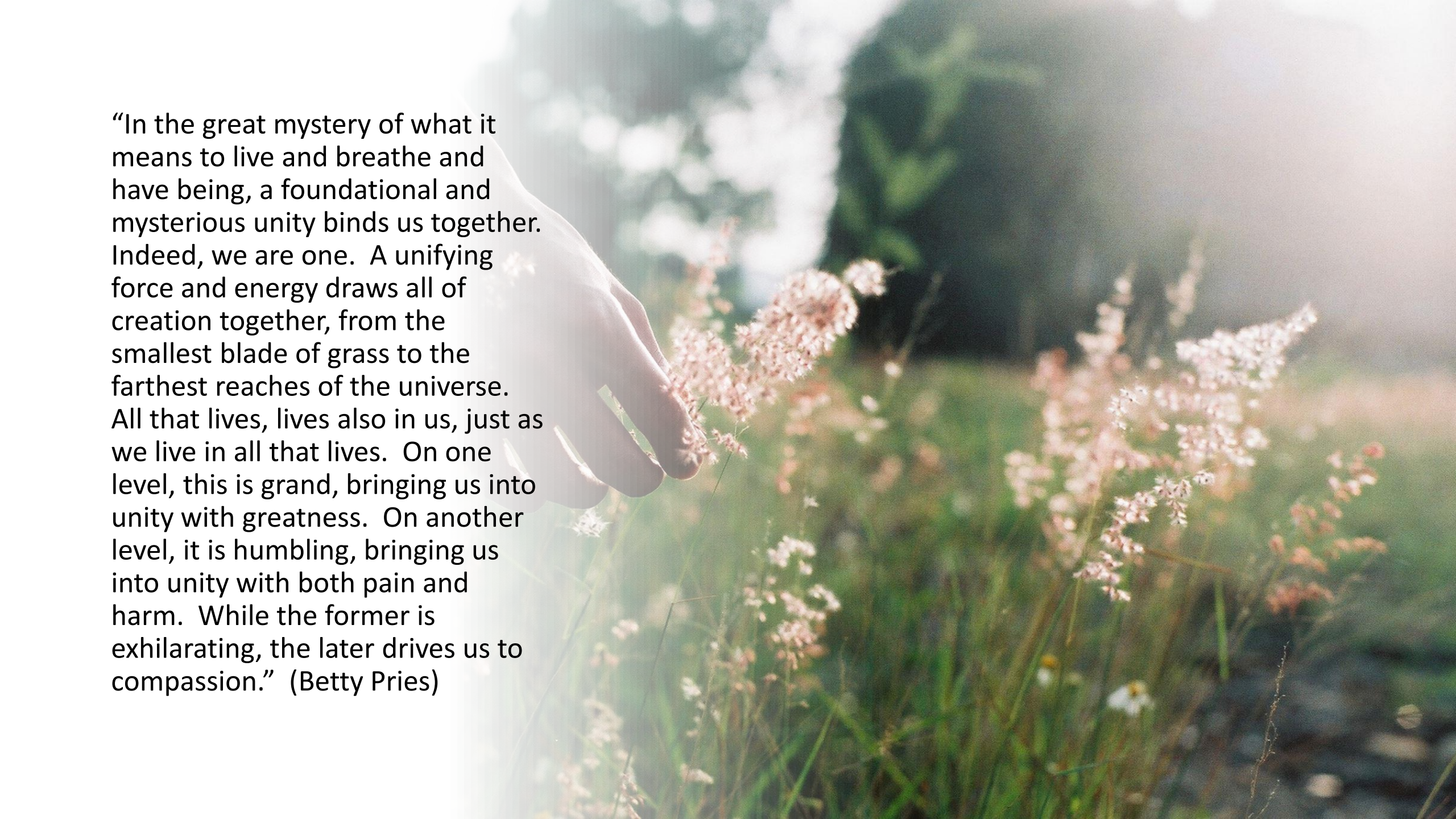
Surrender, Love, Trust





Apologies

- Reflexive Apologies
- Significant Apologies
- Inner Transformation

A soft-focus photograph of a hand holding a pink flower in a field. The background is a blurred landscape with green trees and a bright sky. The text is overlaid on the left side of the image.

“In the great mystery of what it means to live and breathe and have being, a foundational and mysterious unity binds us together. Indeed, we are one. A unifying force and energy draws all of creation together, from the smallest blade of grass to the farthest reaches of the universe. All that lives, lives also in us, just as we live in all that lives. On one level, this is grand, bringing us into unity with greatness. On another level, it is humbling, bringing us into unity with both pain and harm. While the former is exhilarating, the later drives us to compassion.” (Betty Pries)



Thoughts?





https://www.youtube.com/watch?v=OPT7687_yko

